

Beef and Egg Scramble with Ham

Beef, eggs, and ham, the ultimate three species meal. I always imagine this as a late fall dish that a farmer's wife would fix just before, or the morning of, butchering this year's hog and calf. Beef and egg scramble with ham uses the left over bits of pork and beef with the last of the summer eggs. With a taste of delight, and hope for the future, this meal brings together the past, present, and future calmly before the eater. Dreaming of the fresh meat for dinner, and in the coming days, will hurry the meal along.

Pre Cook Preparation:

Marinate: No

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Beef

Butter (lactose)

Chicken

Eggs

Mushrooms

Pepper

Pork (ham)

Spices

Turkey

Meatless Preparation Avoid:

Beef

Butter

Eggs

Ham

Turkey

Substitute with: _____

Utensils:

- Chopping board
- Fork
- Paring knife
- Spatula
- Spoon
- Pan: 8 inch frying pan

Ingredients:

Meat: Choose 2 pounds of:

- Beef burger, or
- Turkey burger

6 eggs

1/2 cup chopped ham

Vegetables:**Optional:**

- 15 ounces of broccoli

- 15 ounces of carrots

- 15 ounces of corn

- 4 ounces of mushrooms

- 1/2 cup of chopped onions

- 15 ounces of peas

Other ingredients:

- Dash of salt

- Spices such as pepper, to taste

Preparation time: 10 to 15 minutes

Preparation:**1. Chop:**

- 15 ounces of broccoli

- 15 ounces of carrots

- 15 ounces of corn

- 4 ounces of mushrooms

- 1/2 cup of chopped onions

- 15 ounces of peas

2. Chop 1/2 cup of ham.**3. Mix ingredients in a bowl.**

- You may need additional eggs for additional ingredients.
4. Fry in pan on medium heat, stirring frequently, until done.

Cook Temperature: Medium heat

Cook Time: 20 to 30 minutes

Servings: 4 to 6

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 5 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 5 minutes.

Add your oven time here: _____.